

CPD questionnaires must be completed online via www.cpdjournals.co.za.

After submission you can check the answers and print your certificate.

Questions may be answered up to 6 months after publication of each issue.

1. True (A) or false (B) – click on the correct answer:
Chronic low back pain is uncommon and only affects about 25% of the population.
2. True (A) or false (B) – click on the correct answer:
Chronic low back pain costs the economy of South Africa several billion rand every year.
3. True (A) or false (B) – click on the correct answer:
Whole body vibration therapy appears to be a safe, rehabilitative exercise modality that improves lower back and hamstring flexibility, increases relative back strength and increases abdominal muscular endurance in patients with chronic low back pain.
4. True (A) or false (B) – click on the correct answer:
The actual risk of sustaining a catastrophic injury while playing rugby is low in comparison to other sports (diving and horse-riding) and even everyday activities (driving or walking to work).
5. True (A) or false (B) – click on the correct answer:
BokSmart was a programme designed by Danie Craven to improve the tactical acumen of high-level rugby players.
6. True (A) or false (B) – click on the correct answer:
In the USA, the obesity prevalence rates (body mass index >30) have increased 10-fold between 1986 and 2000.
7. True (A) or false (B) – click on the correct answer:
In the UK, the adult overweight/obesity rates are just over 60%.
8. True (A) or false (B) – click on the correct answer:
The long-term success of most weight management programmes has been disappointing, with only 30% of the programmes successfully maintaining a loss >10% of body weight for >5 years.
9. True (A) or false (B) – click on the correct answer:
Long-term weight loss is difficult to achieve, with most individuals typically regaining 70 - 80% of their lost weight.
10. True (A) or false (B) – click on the correct answer:
Enhancing metabolic fitness to control hypertension, dyslipidaemia and hyperglycaemia indirectly lowers the risk of cardiovascular disease.
11. True (A) or false (B) – click on the correct answer:
Exercise alone is the most effective method for achieving long-term weight loss.
12. True (A) or false (B) – click on the correct answer:
The Female Athlete Triad, described in 1992, consists of disordered eating, amenorrhoea, and hypertension.
13. True (A) or false (B) – click on the correct answer:
A contemporary description of the Female Athlete Triad defines it as consisting of energy availability, menstrual function and bone mineral density.
14. True (A) or false (B) – click on the correct answer:
Forty-two per cent of the participants at the most recent summer Olympics in Beijing (2008) were females.
15. True (A) or false (B) – click on the correct answer:
Studies show that the per cent of female athletes with low bone mineral density ranged from 0% to 50%.
16. True (A) or false (B) – click on the correct answer:
The risk for the components of the female athlete triad increases as the level of competition decreases (i.e. elite athletes, collegiate athletes and recreational athletes).
17. True (A) or false (B) – click on the correct answer:
It should be emphasised to athletes that menstrual dysfunction is a normal response to athletic training.
18. True (A) or false (B) – click on the correct answer:
Cricket bowlers have the highest risk of injury compared to the other cricket players.
19. True (A) or false (B) – click on the correct answer:
Most of the injuries sustained by cricket players during a season are old recurrent injuries.
20. True (A) or false (B) – click on the correct answer:
The risk of developing hypercholesterolaemia and coronary heart disease in females decreases exponentially after menopause.

INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to www.cpdjournals.co.za to answer questions.

Accreditation number: MDB001/008/01/2011 (Clinical)